

Write your *vision of the future*

Date you wrote this on:

When do you want to reach this vision of your life? It could be short-term (6 or 12 months) or long-term (2, 5 or 10 years...).

Now answer these questions thinking about the future that you want to build, not about your current situation.

How do you want to feel?

Who are the people around you? Describe the kind of relationships you want to have? This includes your partner,, family members, friends, colleagues, etc.

What does your career look like? What does an ideal day look like? What kind of environment do you want to work in? With what kind of people? What impact do you want to have? How would you define 'success' from a career's perspective?



What environment do you want to live in? Think about the geographical location and the type of home.

What do your finances look like?

How do you want to look after yourself? Think of your hobbies, self-care routine, moments that are for you only, but also include how look after your health and energy levels.

How do you want to be involved in your community?

How do others see you and your life in this future vision?

How do you want to see yourself?



Now let's come back to your present situation.

What are the most significant changes you need to make to achieve this vision?

What is a small change you can start making now?

What resources do you need to reach your future life vision? Do you need help from someone? Do you need additional knowledge or skills?

Who else is involved in this vision? How will you present it to them?

Whom do you know that has done something similar? Who or what inspires you?


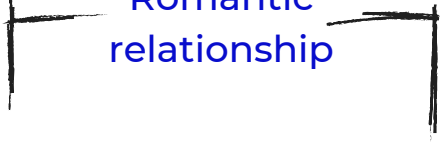





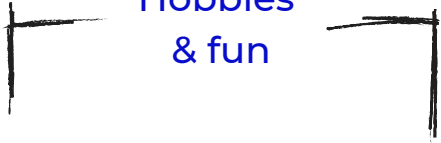






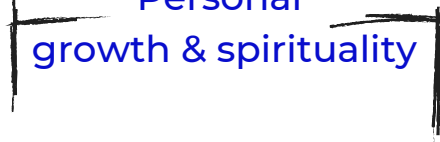



Do you need to improve your balance to make time for yourself and achieve your goals?



Your goal plan

For each area of your life, decide what you want to start doing, and what you want to stop doing. Be specific when writing your goals.

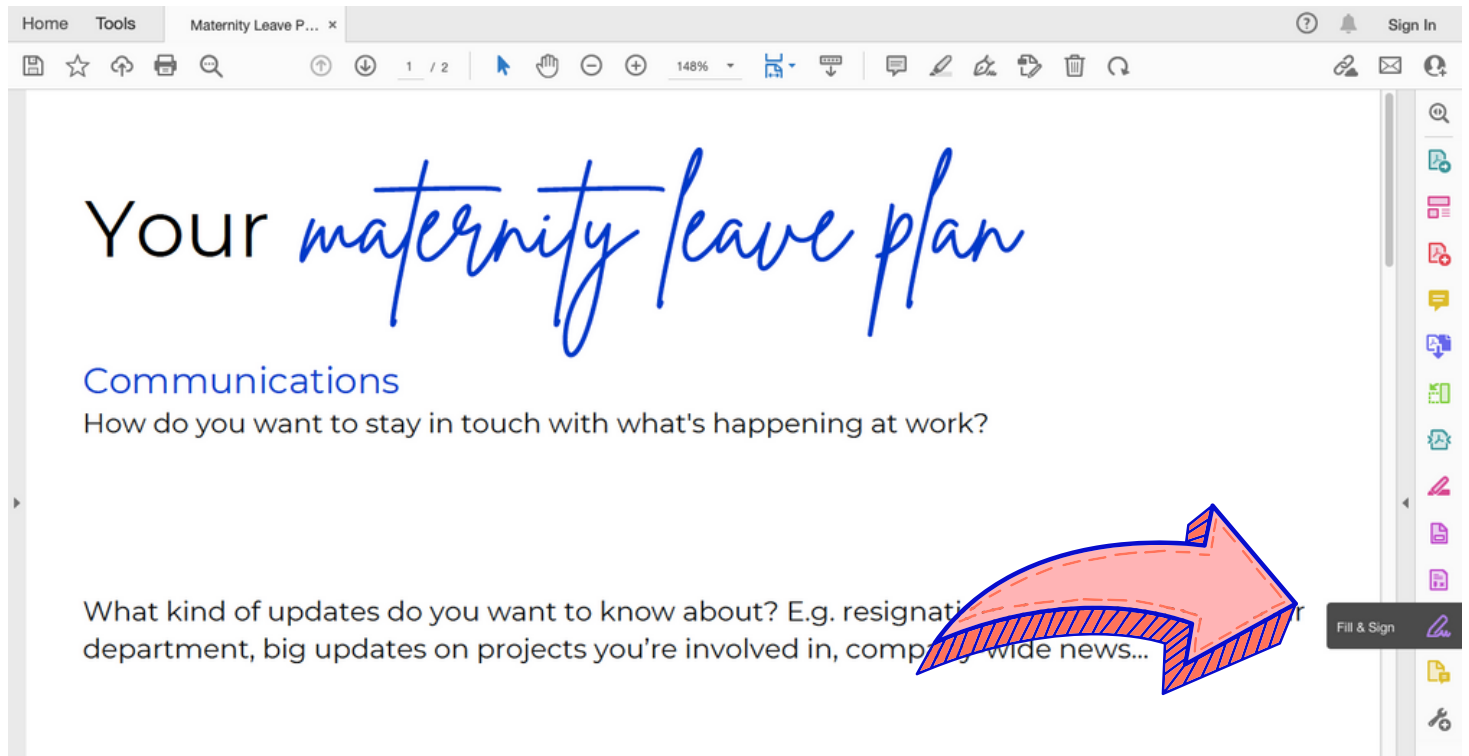
Example of a Health Goal: I will reduce my sugar intake by eating less chocolate and I will go to at least one fitness class per week.

	Health		Romantic relationship		Family & friends
					
	Community		Hobbies & fun		Money
					
	Career		Home		Personal growth & spirituality
					

How to *fill my worksheets*

If you can't or don't want to print the worksheets, you can use this FREE function available in Adobe Acrobat Reader (which I believe most people will have on their computers!)

The "Fill & Sign" function



Click anywhere on the page to add a text box. You can also add other elements (crosses, ticks...), as well as circle or underline words. And don't forget to save!

